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CLAIMS

What is claimed is,

1. A device that reduces inflammation of structures associated with the median nerve, and improves the discovery of cancer mass by subcutaneous self examination by increasing tactile sensation and by decreasing median nerve entrapment.

2. The device of claim 1, further comprising an efficient keyboard, in which the use of the keyboard reduces finger flexion, thereby prolonging the onset of symptoms of median nerve entrapment.

3. The device of claim 1, further comprising aspirin, and all anti-inflammatory drugs.

4. A method for testing and preventing the onset of symptoms of nerve pathology, improving discovery of cancer mass and reducing inflammation, the method comprising the steps of: A) identifying the subject's nerve pathology by diagnostic tests; B) identifying the subject's base line physical condition by inspection or examination tests; C) conducting the base line physical condition tests; D) providing the subject a tool; E) selecting exercises as uses of the tool to maximize inflammation in the structures adjacent to the nerve; F) instructing the subject on a use of the tool to maximize inflammation in the structures adjacent to the nerve; G) instructing the subject on self reporting of pain, tingling, decrease or change of feeling; H) instructing the subject to perform the self reporting; I) the subject performs the self reporting; J) instructing the subject on exercises of the tool to maximize inflammation; K) instructing the subject to perform the exercise of the tool to maximize inflammation; L) the subject performs the exercise; M) repeat steps C, H and I; N) adjourning the testing while awaiting the return of the subject to the base line physical conditions in step B; O) selecting exercises as uses of the tool to minimize inflammation in the structures adjacent to the nerve; P) repeat steps C, H and I; Q) instructing the subject on a use of the tool to minimize inflammation in the structures adjacent to the

5 nerve; R) instructing the subject to perform the exercise of the  
tool to minimize inflammation; S) the subject performs the  
exercise; T) repeat steps C, H and I; U) identify number of tests  
to conduct to obtain statistically reliable and reproducible  
results; V) identify number of subjects to test to obtain  
10 statistically reliable and reproducible results; W) alternate  
between steps E to M and O to T to blind the results; X) conduct,  
preserve, protect and record all steps as necessary with  
sufficient tests, subjects, and alternates to obtain meaningful  
data; Y) establish end points for the data; Z) calculate  
15 the statistical deviations necessary to compare the end points  
tools.

5. The method of claim 4, wherein the diagnostic tests are  
chosen from any or all: Tinel's sign, Phalen's test, carpal  
compression test, Durkam's sign, flick test, tourniquet test,  
20 cotton ball finger stroke test, two-point discrimination test,  
palpation test, Semmen-Weinstein monofilament test, cervical  
spine x-ray, nerve conduction study, doppler ultrasonography,  
magnetic resonance imaging, corticosteroid injection, wrist  
squareness ratio, wrist splint at night test, nerve face  
25 electroneurometer, vibration test, grip and pinch strength,  
dynamometer, pinch gauge, visual analog scale pain assessment,  
hand volume water displacement test, thermography, finger  
wrinkling, long finger III abduction and adduction, thumb 1  
abduction opposition, pinky finger V flexion, middle finger III  
30 flexion, profundus tendon test, sharp pin impale finger test,  
loss of drag, index finger abduction, pinky finger abduction,  
Electro mylo gram, middle finger flexion, nerve stimulation,  
electrodiagnosis, flexor carpi ulnaris palpation, palmaris longus  
palpation, extensor digitorum communis palpation, finger whistle,  
35 thumb bending, spread hand palpation, dorsal interossei spread  
fingers, fingernail pressure, hypertrophy tendon, blindfold test,  
comparison of abnormal and normal limb, Linburg's sign, wrist  
radiograph, Finkelstein's test, dorsiflex wrist, extensor carpi  
ulnaris palpation, oblique retinacular ligament tightness test,

5 grind test, arterial patency finger press test, tape measure, caliper, infusion catheter, distal sensory latency test.

6. The method of claim 4, wherein the exercises and use of the tool, includes any or all: 1) to increase inflammation requires maximum repetitive flexion use; 2) to increase  
10 inflammation includes typing on the QWERTY layout keyboard or typewriter, any keyboard wherein the majority of usage of letters is away from the home row, the ball or track mouse data entry peripheral, the and a one hand finger pad arrangement of numerals 0 through 9; 3) to prolong the increase of inflammation or  
15 decrease inflammation requires minimum repetitive flexion use; 4) to prolong the increase of inflammation or decrease inflammation includes typing on the AsInRedHot, Dvorak, keyboard or any efficient keyboard with the letter E on the home row, use of a drafting board, internal consumption of aspirin or any  
20 anti-inflammatory drug or medicine, section of the transverse carpal ligament, or any exercise; wherein the tools includes a wrist brace, a chair, a table, a typewriter, a light, a VDT, or any equipment.

7. The method of claim 4, wherein the nerve pathology is  
25 median nerve entrapment, ulnar nerve entrapment, or any neuropathy or neuritis.

8. The method of claim 4, wherein the structures adjacent to the nerve include the nine flexor tendons next to the median nerve.

30 9. The method of claim 4, wherein the work of any or all of the nine flexor muscles next to the median nerve is shifted to the lumbricals of the fingers, the dorsal interossei of the hand, the volar (aka palmar) interossei muscles.

10. The method of claim 4, wherein the base line physical  
35 condition by inspection or examination tests include, any or all: 1) water displacement, caliper or tape measure of hand volume; 2) self report upper extremity assessment battery, sensory evaluation palmar and dorsal views of hand; 3) self report visual analogue scale for pain; 4) self report verbal rating scale for

5 pain; 5) daily activity and medication log and pain level scale report; and 6) turn key in lock.

11. The method of claim 4, wherein the base line physical condition by inspection or examination tests includes any or all, identifying the patient's name, address, phone, age, referring  
10 Health Care Professional, Health History, background data on carpal tunnel syndrome (or CTS) or cancer, gender, prior diagnosis, hands/fingers night tingle (paresthesia) or pain, braces or special support on hands or arm, pain relievers, prior nerve conduction velocity study, heart trouble, chest pain,  
15 fainting or dizziness, hand or finger THERAPY, bone / joint problem, arthritis, physical reason to avoid exertion, number of fingers used in activities, prior SURGERY, prior hospitalization, high blood pressure, swelling or any vascular disease, asthma/bronchitis (pulmonary disease), abnormal blood lipid or  
20 sugar levels, medications, allergy drugs, pain relievers, NSAIDS, steroids, anti-inflammatories, Prednisone, pills, caffeine, alcohol, tobacco, multi-vitamins, dietary supplements, coronary disease, sudden death, heart disease, diabetes, cancer, pregnancy, menstruation, steroid injection, metabolic rate of  
25 discharge of drugs, with provisions to update the answers if they change, and instructions to avoid any pain relievers for times before each typing activity.

15. The method according to claim 4 wherein the method further comprises the step of the patient selecting for treatment  
30 of symptoms of any or all of the physical disabilities of: aberrant anatomy, acidosis, acromegalic arthritis, acromegaly, acrosclerosis, acute wasting paralysis, acute ascending paralysis, acute anterior poliomyelitis, adenohypophysis, aerobic exercise, aging, alcoholism, amyloidosis, anemia,  
35 aneurysms, angina, apoplexy, arachnodactyly, arteriolar disease, arteriosclerosis, arteriovenous malformation, artery, arthritis of rheumatic fever, arthritis, atrophic arthritis, atrophy, backward cardiac failure, baseball finger, Bence-Jones protein, benign tumor, birth, birth palsy, blood vessel, bone marrow,

5 bony ankylosis, brachial plexus, brachial birth palsy, brachial  
paralysis, brachialgia, brain, brain abscess, Buerger's disease,  
bulbar apoplexy, burn, bursitis, calcinosis, calcium, calcium  
deposits, callus, canal volume increased, canal volume decreased,  
10 capillary walls, cardiac failure, carpal bones, carpal tunnel  
syndrome, carpometacarpal joint arthritis, cartilage, cataract,  
central nervous system, cerebral vessels, cerebral palsy,  
cervical adenitis, cervical spine arthritis, cervical  
radiculopathy, cervical radiculopathy, Charcot's arthritis,  
Charcot-Marie-Tooth disorder, chorionitis, chronic arthritis,  
15 cigarette smoking, clubbed finger, collagen, coma, congestive,  
connective tissue, consciousness, contraceptive pills, cretinism,  
cyst of joint capsule, cyst of semi-lunar cartilage, cystic tumor  
of tendon sheath, cystic, dactylitis syphilitica, debility, deep  
palmar retroflexor space abscess, deformity, degenerative joint  
20 disease, degenerative conditions, deltoid, demineralization,  
dermatosclerosis, diabetes, diabetes mellitus, diabetic  
polyneuropathy, digital neuropathies individual, digital  
arteries, digits, disuse osteoporosis, dolichostenomelia, dropsy,  
drumstick finger, dyspnea, dystrophia myotonica, ear, edema,  
25 embolism, endocrine organs, eosinophilic cells, epicondylitis,  
epidemic paralysis, epidermis, Erb-Duchenne syndrome, erythroid  
myeloma, extracranial lesions, extravasation, fascia,  
fibromyalgia syndrome, flaccid paralysis, fracture, ganglion,  
gastric, gastrointestinal, glycosuria, gonococcus, gonorrheal  
30 arthritis, gout, gouty tophus, gouty arthritis, granulation,  
gumma, hammer finger, Haversian spaces, head injury, heart  
failure, heart, Heberden's arthritis, Heine-Medin's  
disease, hematogenous arthritis, hematoma, hemic myeloma,  
hemodialysis, hemolytic streptococcus, hemophilic arthritis,  
35 hemorrhage, hereditary conditions, high blood pressure,  
Hippocratic finger, hunger, hydrostatic pressure, hypercalcemia,  
hyperemia, hyperesthesia, hyperfunction, hyperglobulinemia,  
hyperglycemia, hypermotility, hyperplasia, hypertension,  
hypertrophic pulmonary osteoarthropathy, hypertrophy reaction,

5     hypothyroidism, incoordination, infantile paralysis, infection,  
infectious arthritis, infectious conditions, inflammation,  
inflammatory conditions, insulin, intracranial lesions, ischemic  
paralysis, joint capsule, joint surface, Kahler's disease,  
ketosis, Klumpke palsy, knuckle, lead palsy, leprosy, lesion,  
10     leukocytosis, lipoma, lock finger, luxation, lymph, lymphocytic  
myeloma, lymphoid myeloma, malignant, mallet finger,  
malnutrition osteoporosis, Marfan's syndrome, marrow, mass  
lesion, medulla oblongata, men, menopausal arthritis, menopause,  
menstruation, metabolic, migraines, mucoid hyaluronic acid,  
15     mucopolysaccharidosis, multiple sclerosis, muscle spasms, muscle  
tenderness, muscular dystrophy, myelocytic sarcoma, myeloid  
myeloma, myeloid tumor, myeloma, myeloma multiple, myofascial  
dysfunction, myosclerosis, myotonia dystrophica, myotonic  
dystrophy, myxedema, neoplastic conditions, neuritis,  
20     neurological, neurons, neuropathic arthritis, neuropathies  
individual, neurotrophic arthritis, obesity, obstetric paralysis,  
osmotic pressure, ossification, osteoarthritis, osteoporosis,  
palsy, paralysis, paralytic poliomyelitis, phalangectomy,  
phalangitis, phalangitis syphilitica, phalangization,  
25     phalangophalangeal amputation, phalanx, phosphatase, phosphorus,  
plasma, plasma cell myeloma, plasmacytes, plasmacytic myeloma,  
plasmacytic sarcoma, plasmacytoma, plasmocytic sarcoma,  
plasmocytic myeloma, plasmocytoma, plasmona, pneumococcus, polio,  
poliomyelitis, polyneuritis, pons, postinjury, postmenopausal  
30     osteoporosis, power grip, pregnancy, prenatal syphilis, printer's  
palsy, proliferative arthritis, pronator syndrome, protein  
concentration, proximal lumbrical insertion, proximal median  
neuropathy, psychosis of hysterical numbness and clenched-fist  
syndrome, pulmonary, punctiform, Quervain's disease, Quinquaud's  
35     phenomenon, radiation neuritis, radiohumeral articulation,  
radiohumeral bursitis, radiohumeral epicondylitis, Raynaud's  
syndrome, Recklinghausen's disease, reflex sympathetic dystrophy,  
renal failure, respiratory, reticular fibers, rheumatic fever,  
rheumatoid arthritis, rheumatoid tenosynovitis, ruptured disk,

5 sanguineous apoplexy, scarlatinal synovitis, scarlatinal  
arthritis, scarlet fever, scleriosis, scleroderma, seal finger,  
seizures idiopathic peripheral causes, senile, osteoporosis,  
senility, skeleton, sodium urate, spastic diplegia, spider  
10 finger, spinal nerves, spinal cord, spinal cord lesions,  
splanchnomegaly, sprain fracture, springfinger, Steinert's  
disease, stellate cells, stroke, subchondral spaces, subdural  
hematoma, sugar tolerance, swallow, swelling, symmetrical  
synovitis, syndactyly, synovectomy, synovial, synovial tissues,  
synovial distention, synovial proliferation nonspecific,  
15 synovitis, synovium nonspecific fibrosis, syphilitic arthritis,  
syringomyelia, systemic disease, tabes dorsalis, tactile  
anesthesia, tendinitis, tendon sheath, tendons, tendovaginitis  
stenosans, tenosynovitis, thirst, thoracic outlet syndrome,  
thrombosed, thrombosis, thyroid hormone, thyroid conditions,  
20 tongue, tophaceous gout, trabeculae, transient ischemic attacks,  
trauma, traumatic conditions, tremors, trigger finger,  
tuberculosis, tuberculous tenosynovitis, tuberous sclerosis,  
tumor, tumor benign, ulnar nerve neuropathy, uremia, uric acid,  
urine, vascular spasm, vascular conditions, vasculitis, vasomotor  
25 disturbances, viscera, Volkmann's paralysis, weakness, webbed  
fingers, weeping sinew, weight, white-finger syndrome, women, or  
wrist malalignment.